

## **ABSTRACT**

The present invention relates to the reduction or attenuation a specific composition has on immunological tissue-destructive conditions associated with specific autoimmune diseases. The composition includes a long chain primary aliphatic alcohol, and one or more of three cofactors: a D Vitamin, a B<sub>12</sub> Vitamin, a coenzyme Q, and an omega-3 fatty acid. The composition functions coordinately to modify multiple autoimmune disease risk factors and symptoms associated with the autoimmune disease. The compounds work in a synergistic manner to attenuate tissue-destructive inflammation.